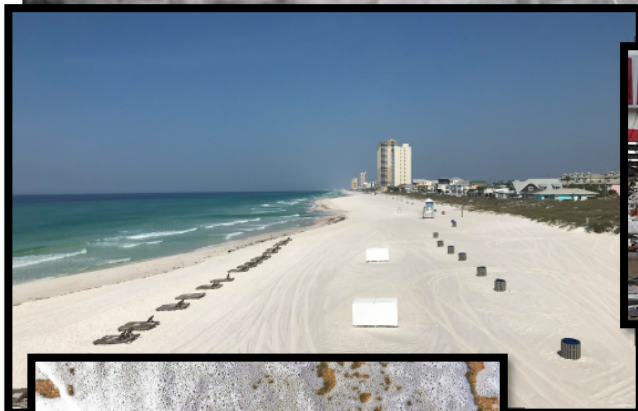




"...whether it's the oil spill, whether it's Michael or the pandemic, I think this community continues to exemplify what resiliency means..." Bob Majka

MICHAEL  
HURRICANE



# Bay County CURRENTS

...a publication for, about and by county



Commission Meetings  
Bay County Government Center  
May 5th & 19th

Tommy Hamm-District I Robert Carroll-District II William Dozier-District III Keith Baker-District IV Griff Griffiths-District V

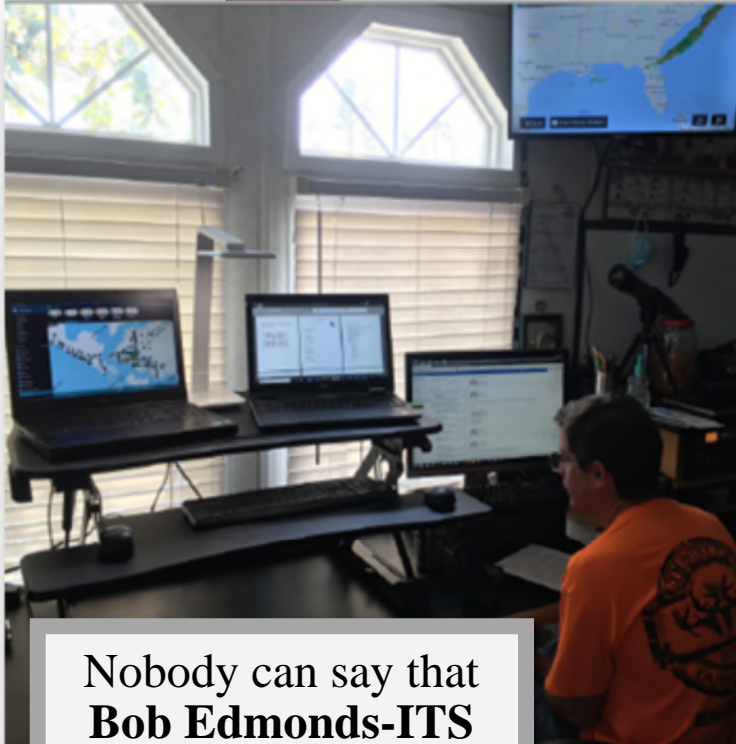




**Sherri Hardy-**  
**Administration**, smiling  
safely under her mask



**Julie B McConnell**  
**UF/IFAS**  
**Extension**,  
Enjoying the cool  
weather in her  
outdoor office



Nobody can say that  
**Bob Edmonds-ITS**  
is not **SERIOUS** about  
working from home.



**Barbara Shank-**  
**Parks & Rec**  
Hard Work, Support & Safety

1 Alvin Edwards	17 Donald J. Banks
1 Thomas A. Money	17 Joanne L. Whitley
2 Kimberly Barbero	17 Roy A. Golden
3 James E. Dodge	17 Stacey L. Adamson
3 Anthony M. Lama	18 Ronald M. Wolf
4 Ross E. Pritchard	20 David J. Pfister
5 Fred T. Wakefield	21 Brandi S. Odom
5 Thomas R. Newton	22 Timothy H. Harper
5 James M. McGinty	22 Christopher Blount
6 Dennis L. Stubbs	22 Misty L. Haddock
6 Christopher Hilburn	22 Michael A. Hayes
7 John H. Deegins	23 David G. Marcum
7 Trevor A. Clark	23 Pamela A. Stanley
7 James C. Tucker	23 Jacob C. Thomas
8 Ariel E. Smith	23 Juston A. Keefe
10 Janie L. Lucas	23 Kayla E. Hitchcock
10 Brandon M. Luczaj	23 Lauren W. Beach
10 Justin W. Walters	23 Kyle A. Polk
10 Paige M. Williams	24 Corey N. Sanders
12 Natasha Lithway	25 Valerie L. Sale
12 Robert E. Vinson	25 Daniel B. Parker
12 Courtney Ziegmont	27 Lisa A. Williams
12 Nigerian D. Hill	28 Douglas A. Cook
15 Michael R. Nelson	29 Stephen Thomason
15 Nikos A. Lopez	31 Kevin L. Shipp
16 Drew A. Hilliard	31 William N. Rose

# BIRTHDAYS

# ANNIVERSARIES

## NEW HIRES

Ian Jeffries - Engineering  
 Brian Hunt - EMS Division  
 Nakiedra Brown - Planning & Zoning  
 Randall Wright - County Pier  
 Ariel Smith - PC Bch Library  
 Ariel Smith - PC Bch Library  
 Audrey Johnson - Gulf Co Library  
 Spencer Meyer - Water Systems  
 Melissa Seagroves - EMS Division  
 Shiquan Green - Fire Services  
 William Williams - Code Enforcement  
 John Hasten - Water Systems

## ANNIVERSARIES

30 McCormick, Doug.	Roads & Bridges
25 Brogdon, Anthony	Roads & Bridges
25 Cupples, Steven	Water Systems
15 Gutierrez, Michelle	Fire Services
15 Parker, Eddie	Roads & Bridges
15 Werbacher, Don	Engineering
10 Seal, Michele	Library
5 Millican, Dakota	Wastewater Syst





Scruffy

Domino



Bunny

Wrangler



# Precious Pet Adoptions

For more adorable faces, go to: <https://www.baycountyfl.gov/150/Adoptions>



## Bay County Animal Control



Dr. Megan Keller works with Olive on the agility course

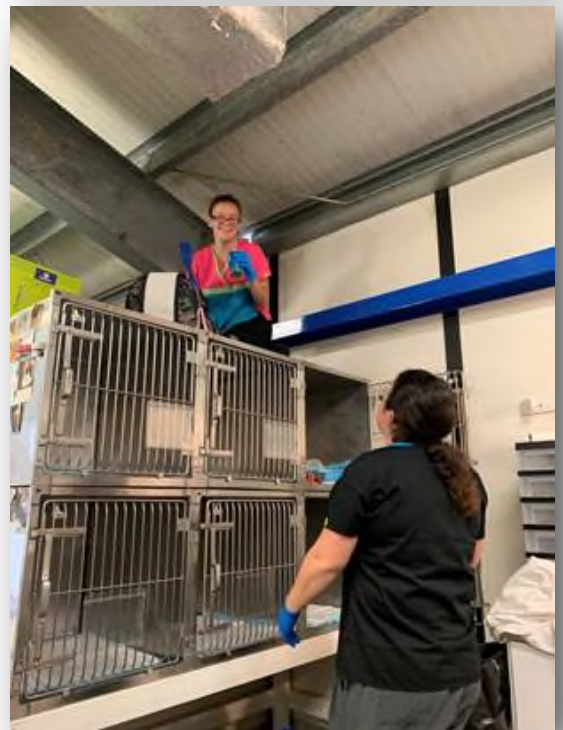
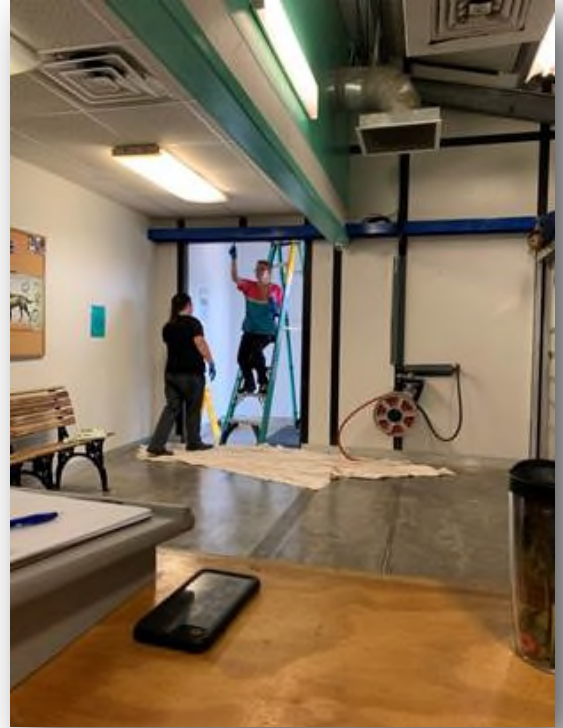
**Things are happening at Animal Control...**





# Bay County Animal Control

Pictured: **Victoria, Lacey, Paige, Steven and Jason** hard at work on improvements. This is really going to be nice once it is completed.



# Sugar Is Killing Us

The fact is, sugar acts like poison in high doses—and the amount in our diets is beyond toxic. The typical American now consumes the equivalent of 22 sugar cubes every 24 hours. That means the average person eats +/-70 pounds of pure sugar every year. Our ancestors had 1/2 that...per year!

The long-term effects are literally, deadly, making cavities the least of your problems. When we eat so much of it, sugar just wreaks havoc on the body. Over time, that havoc leads to diabetes, insulin resistance, obesity, Alzheimer's disease, breast, endometrial, and colon cancers, inflammation, joint pain, migraines, poor sleep, elevated triglycerides, fatty liver...and the list keeps going! One new study found that normal-weight people who consume above average amounts of sugar, literally doubled their risk of dying from heart disease. Another one pinpoints excess sugar as a major cause of nonalcoholic fatty liver disease, which can lead to liver failure. And for what...taste?

The truth is we're literally hooked. There's plenty of research that shows hyper-sweet foods can be as addictive as some of the hardest-to-quit drugs, like heroin and tobacco. And the death rates of "sugar-induced" illness and disease are far greater.

So, what does sugar do to your body?

It seeps through the walls of your small intestine and triggers your pancreas to secrete insulin, a hormone that grabs glucose from your blood and delivers it to your cells (including fat cells)

As insulin is released it blocks leptin, the

hunger hormone that tells your brain that you're full. The higher your insulin levels, the hungrier you will feel (even when you're stuffed) Now your body thinks it's starving, your brain directs your body to store even more fat.

Insulin is also surging in your brain, which can eventually lead to Alzheimer's disease. On top of that, it produces less dopamine, opening the door for cravings and addiction-like behavior.



Your pancreas continues to pump out insulin to regulate blood sugar day after day. Then your cells become resistant, leaving all that glucose floating around in your bloodstream. Hello Diabetes.

Your liver works to metabolize fructose and turn it into something your body can actually use. The problem is that over time, excess fructose will prompt globules of fat to grow throughout the liver (lipogenesis) ... then it's on to fatty liver disease.

Too much fructose also lowers HDL, or "good" cholesterol, and spurs the production of triglycerides, a type of fat that can migrate from the liver to the arteries, raising your risk for heart attack or stroke. Regardless of what you've been told, LDL isn't the bad guy, it's Sugar/Triglycerides.



(Continued on page 7)



# Sugar Is Killing Us

(Continued from page 6)

Once full of sugar your liver sends a distress signal for extra insulin. Since it's already overwhelmed, your pancreas is now in overdrive, which results in total-body inflammation and an even **HIGHER** risk for obesity and diabetes.

Your immune function can be seriously affected by sugar. As if being sick wasn't bad enough, studies have shown that sugar can interfere with the way your body fights disease. Bacteria and yeast feed on sugar, so excess glucose in the body causes these organisms to build up and cause infections.

Sugar accelerates aging. While you probably know that sugars can affect your waist line, it can also mess with your skin by contributing to wrinkles and sagging. After sugar hits your bloodstream, it will mix with certain protein and cause the skin to lose elasticity and lead to premature aging.

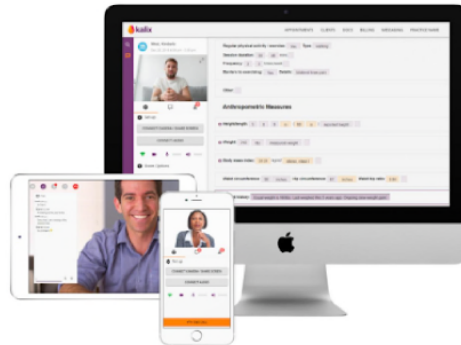
**Sugar robs you of important nutrients.** People who consume the most sugar have the lowest amount of essential nutrients—especially vitamins A, C, B-12, and calcium. The trade-off is especially dangerous for children and teens, who typically consume the most sugar and the least nutrients.



-Coach JT

## VIRTUAL APPOINTMENTS NOW AVAILABLE

**EVOLVE**  
WITH JT<sup>™</sup>  
NUTRITION • PERSONAL COACHING





Bay County Citizen Information Center (CIC).

Call: (850)248-6090 or Email: [ask@baycountyfl.gov](mailto:ask@baycountyfl.gov)

Covid-19 Call Center in operation daily, 10 a.m. to 6 p.m.  
Staffed by friendly, research savvy Bay County  
Public Library Reference Librarians!



Website: [www.bayhealthcovid19.com](http://www.bayhealthcovid19.com)

**Online Resources Available With  
The Library Card.**

If anyone forgets their pin or would like  
an online library card number set up,  
they can call the  
Bay County Public Library  
850-522-2100  
(Monday – Saturday from 9 a.m. to 5 p.m.).





# Yoga

with Bethany  
MS, RYT-200

## START YOUR *FREE* ONLINE YOGA PRACTICE!

.....

*Stress Relieving Virtual Class (55 Minutes)*

<https://youtu.be/Y3nHLyKMGe8>

*Gratitude as a Wellness Practice (6 Minutes)*

<https://youtu.be/q-4qDL2okXc>

*Intro to Deep Breathing (10 Minutes)*

<https://youtu.be/a7cah2moji4>



## MIND – BODY – BREATH





# HEALTHY SHEPARD'S PIE

**12 Servings**

## INGREDIENTS

- 30+ Ounces of Cauliflower Mash
- 2lbs Ground Turkey or Ground Chicken
- 1 Large Onion
- 1 Cup Carrots (peeled and diced)
- 1- 6 oz. Can Tomato Paste (garlic flavor is great here)
- ½ Cup Worcestershire Sauce
- 1 ½ Cup Chicken Broth
- 1 tsp Salt
- ½ tsp Pepper
- ½ tsp Thyme
- ½ tsp Paprika
- 12 Oz Package Frozen Peas and Corn (or mixed veggies)
- 1 Cup Reduced Fat Cheddar Cheese

**PREP TIME: 40MIN**

**COOK TIME: 40MINS**

**TOTAL TIME: 1HR 20MINS**



## DIRECTIONS

1. **Prepare** homemade cauliflower mash or buy frozen and cook as directed and set aside.
2. **Preheat** oven to 375 degrees. Lightly spray a 9x13 glass pan with cooking spray.
3. **Dice** one large onion and measure 1 cup of carrots (canned or peeled and sliced).
4. **Heat** olive oil and in a large skillet over medium heat and add the onion and carrot. Sauté about 10 minutes until vegetables are tender.
5. **Stir** in ground turkey or ground chicken and cook until meat is no longer pink – drain if needed.
6. **Add** tomato paste, Worcestershire sauce, chicken broth, salt, pepper, thyme and Paprika. Mix well and cook over medium heat an additional 10-15 minutes until mixture thickens up.
7. **Prepare** frozen peas and corn as directed and add to the meat and vegetable mixture. Stir until evenly combined (no additional cook time needed after this step).
8. **Transfer** the meat and veggies into the 9x13 glass pan and spread the cauliflower mash over the top. Sprinkle with cheese.
9. **Bake** for approximately 40 minutes or until the cauliflower mash edges brown and the juice begins to bubble around the edges.
10. **Cool** for 20 minutes before serving.

**PRO TIP:** This is best served the next day when it has had time to thicken up. **ENJOY!**



## If You're Pregnant, It's Really Important to Watch Your Blood Pressure



High blood pressure means blood is being pushed through your arteries with a force that's too high when your heart beats. It's common. In fact, many people don't even know they have a problem. But if your blood pressure is high when you're pregnant, your baby might not get enough oxygen and blood. It could also limit your baby's growth.

Sometimes blood pressure runs high during the second or third trimesters and goes back to normal after the baby's birth. That's called gestational hypertension. Most women with this condition have a mild increase in blood pressure. Other women develop a severe blood pressure disorder known as preeclampsia. This is a serious condition that can cause complications. It usually occurs after 20 weeks of pregnancy but can also occur after the baby is born.

The cause of preeclampsia is unknown. Your risk is higher if you've had preeclampsia in a previous pregnancy or are 40 or older. Risk also increases if you're carrying more than one baby, obese or pregnant for the first time. Other risk factors include diabetes, kidney disease, lupus or a history of chronic hypertension, as well as infertility treatments such as in vitro fertilization.

Preeclampsia can be difficult to identify. Treatment can range from monitoring or medications to early delivery of the baby. Tell your doctor right away if you experience:

- A severe headache that won't go away
- Rapid weight gain
- Swelling of the face or hands
- Pain in your upper belly or shoulder
- Changes in vision such as seeing spots
- Nausea and vomiting after 20 weeks of pregnancy
- Difficulty breathing

There's no way to know if you'll develop preeclampsia. It's important to go to every prenatal visit and pay attention to your blood pressure check and weight gain. Limit stress, make time to relax and never smoke. If your doctor approves, exercise regularly.

Florida Blue members who are pregnant can enroll in the Healthy Addition® Prenatal Education Program. Email [healthyaddition@floridablue.com](mailto:healthyaddition@floridablue.com), or call 1-800-955-7635 option 6.

Resources: [The American College of Obstetricians and Gynecologists \(ACOG\)](#)  
[American Heart Association](#)

### IN THIS ISSUE

If You're Pregnant, It's  
Really Important to Watch  
Your Blood Pressure

Getting a Handle on 'Healthcare  
Speak' Can Be a Benefit

Recipe of the Month



## Getting a Handle on 'Healthcare Speak' Can Be a Benefit



If your doctor uses medical language to explain health issues, it may leave you poorly informed. Sometimes, it can seem like you're speaking different languages. But there's an easy way to help you get more out of talks with your doctor. Learning to cut through medical jargon can help you make better healthcare decisions.

1. The best way to learn more is to ask your doctor questions. And don't be afraid to keep asking questions until the information makes sense to you.
2. When a doctor gives you instructions, say them back in your own words.
3. Take a list of all your medications with you to your next visit so you can review them with

your doctor. This includes prescriptions, over-the-counter remedies, vitamins, supplements and herbal medications.

4. Be honest—the more your doctor knows, the better care they can give you.
5. Know your medical history. Ask questions if you're worried about future risks.
6. Consider taking a friend or relative along to the doctor—it's helpful to have a second set of ears, and they can take notes!
7. If you need an interpreter, let your doctor know.

Resources: [www.cdc.gov](http://www.cdc.gov); [www.healthywomen.org](http://www.healthywomen.org); [www.hrsa.gov](http://www.hrsa.gov)

## Ranch Chicken Salad

Serves 4

### Ingredients:

- ½ cup 1 percent buttermilk\*
- 3 tablespoons mayonnaise
- 2 tablespoon fresh chives, chopped
- ½ teaspoon kosher salt
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon dried parsley
- ¼ teaspoon dried basil
- Fresh black pepper, to taste
- 2 cups shredded boneless chicken breast, from rotisserie chicken or leftover



### Directions

In a medium bowl, combine the buttermilk, mayonnaise, chives, salt, garlic powder, onion powder, parsley, basil and black pepper. Mix.

Add the shredded chicken and mix well. Refrigerate until ready to eat.

\*If you don't have buttermilk on hand, [tasteofhome.com](http://tasteofhome.com) says can you substitute ½ tablespoon of lemon juice or white vinegar in ½ cup regular milk.

Recipe courtesy of [www.skinnytaste.com](http://www.skinnytaste.com) and for nutritional information [click here](#).

We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

Florida Blue is a trade name of Blue Cross and Blue Shield of Florida, Inc., an Independent Licensee of the Blue Cross and Blue Shield Association.

All materials, content and forms contained in this newsletter are the intellectual property of Better You and may not be copied, reproduced, distributed or displayed in full or in part without expressed written permission by Better You.

100486 0420

MAY 2020 2





## GOT 30?

Improve your health in only 30 minutes a day!

Join us for  
**Let's Walk Florida! 2020**

REGISTER TODAY FOR THE  
MAY START DATE!

Teams and solo-walkers are welcome!

For more information and to  
preregister, go to:  
<https://tinyurl.com/letswalkFlorida>

Let's Walk Florida! is a 10-week, online educational program designed to help Floridians achieve health through physical activity.

Participants will learn physical activity strategies for:

- Mental and physical wellness
- Weight management
- Chronic disease prevention and management

Code Enforcement has a  
new officer!  
Inspector Scot Thorpe  
and wife Kate  
welcomed  
Vivian  
on March 29, 2020.

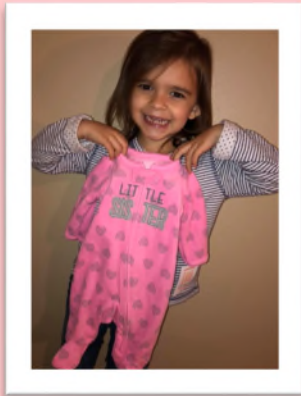


Here is some happy  
news from EMS.  
Finn Murphy  
8lbs. 14oz. 19"  
Dad is Paramedic Mike  
Murphy  
Both baby and mommy  
are doing great



**Firefighter  
Austin Williams**  
& wife, Tara, introduce  
tiny Evelyn Joelle

**"Miss Evie"**



to her big  
4 year old  
sister,  
Paisley  
Marie.



See my co-worker's smiling face when work was finished? As a reward we drove to our favorite Bay County park (that I learned about through the fall newsletter, so thank you). Our Parks & Rec. teams always seem to be there and take such good care of Harder's Park – it is my dog, Crissie's, and my happy place to decompress. Her smile was even bigger than when we drove to Texas Roadhouse to get curbside steak. :-P Joyful dog, joyful employee!

**Martina Richter**

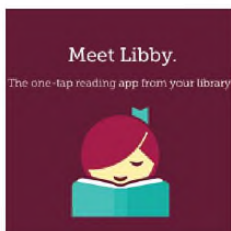
Budget Office Sr. Staff Assistant



# Northwest Regional Library System Online Library Resources available for all ages!



Check out books and take online classes for FREE with your library card number!



## **Libby and Overdrive app:**

You will need your pin number in addition to your library card. Register with your library or Northwest Regional Library System. You can check out 5 eBooks or Audiobooks at a time. There are Children's, Young Adult, and Adult titles. Directions on how to return items early is on the back. Visit [www.nwrls.com](http://www.nwrls.com) or <https://nwrls.overdrive.com/> to get started.



## **RB Digital eBooks and Audiobooks:**

You can create your account with your library card number. This account would also include access to ArtistWorks and Transparent Languages. You can check out 5 eBooks and Audiobooks at a time. There are Children's, Young Adult, and Adult titles. Directions on how to return items early is on the back. Visit [www.nwrls.com](http://www.nwrls.com) or <https://nwrls.rbdigital.com/> to get started. RB Digital can be accessed online from your computer or through a downloaded app.



## **ArtistWorks for Libraries:**

Located under Education in the RB Digital. Free online music lessons from whether you are just starting out or interested in improving your skills. Lessons are taught by some of the world's most sought-after musicians. Lesson study materials are provided. Instruments include ukulele, guitar, piano, clarinet, vocals, and more! Sponsored by the Ukulele Orchestra of St. Andrews.



## **Transparent Language and KidSpeak:**

Located under Education in the RB Digital. Transparent Languages includes lessons in over 100 languages, including English as a Second Language courses for speakers of over 25 languages. KidSpeak provides interactive language classes for kids with games and puzzles to encourage learning a new language!



## **Universal Classes:**

Access 500 online courses with the option to take the class for fun or for a certificate. Classes include Cooking, Meditation, Painting, Professional Development, Microsoft Courses and more! Visit [www.nwrls.com](http://www.nwrls.com) or <https://planfl.universalclass.com/register.htm/> to get started.




# How to Return eBooks & eAudiobooks


You can check out up to 5 titles at a time for 3 weeks on both Libby/Overdrive and RB Digital. If you finish a title within that time, you can return eBooks and eAudiobooks early. This allows you to check out more titles!

## Libby and Overdrive Returns:


### Libby App

When logged into your Libby account, select "Shelf" to look at your loans. Each item will show "Manage Loan" with a square icon next to it.  Click the square to see your item loan information. Click on "Return Early" and then select the "Return" Button.

### Overdrive App

Select the book icon  on the top right side to see loans or go to Loans under "My Account". Select return under the item image. Click the "Return Title" button when the return confirmation pops up.

### Amazon Kindle Account

Login to your Amazon account. Select the 'Accounts and Lists' on the top right side. Click on "Manage Your Content and Devices". Each item has an Action box next to it which looks like . Click to pull up an Action Menu. Click on "Return this book." Select "Yes" with the return confirmation pops up.

## RB Digital Returns:

You can select how long you would like to check out an item for up to 21 days. Once you check out a title, it can be easily returned when you are in the RB Digital app. Visit the drop down menu in top left corner. Select Checked Out. And click on the x in the top corner of the items image OR you can click on the image of the item. Select the return button. Select 'OK' when the Return Confirmation pops up.

**Northwest Regional Library System**  
**Headquarters: Bay County Public Library**  
**898 W. 11th St. Panama City, FL 32401**  
**www.nwrls.com / 850-522-2100**